

# **FOR YOUNG SOULS**

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BY

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# FOR YOUNG SOULS

*By*

ELEANOR O. CURTISS



**For Beginners, Young or Older, Who Wish to Learn  
Through Simple Language the Way to Mastery.**



**THE CURTISS PHILOSOPHIC BOOK COMPANY  
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# FOR YOUNG SOULS

## Preface

### Reason for this Book.

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Since there are very many inquiring minds and hearts today who cannot grasp the elaborate philosophical details of the great essentials of Truth as written for advanced students, this little volume has been put forth in simple style for young Souls, whether *young in years or not*, who are as yet unacquainted with some of the deeper philosophical explanations and great principles and conditions of life here and hereafter—and how to apply them.

It is the sincere hope of the author that through the study and *through the application* of the simplified information herein contained, many will find real happiness as they progress upward on the Path of Attainment.

A FEW OF  
"THE CURTISS BOOKS"

THE VOICE OF ISIS  
THE MESSAGE OF AQUARIA  
THE INNER RADIANCE  
REALMS OF THE LIVING DEAD  
COMING WORLD CHANGES  
THE KEY TO THE UNIVERSE  
THE KEY OF DESTINY  
LETTERS FROM THE TEACHER, VOLS. i, ii  
THE TRUTH ABOUT EVOLUTION AND THE  
BIBLE  
THE PHILOSOPHY OF WAR  
GEMS OF MYSTICISM  
THE TEMPLE OF SILENCE  
THE DIVINE MOTHER  
THE SOUNDLESS SOUND  
THE MYSTIC LIFE  
THE LOVE OF RABIACCA  
PRAYERS OF THE ORDER OF CHRISTIAN  
MYSTICS  
FOUR-FOLD HEALTH  
VITAMINS  
WHY ARE WE HERE?

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## CHAPTER I.

### Our Origin

Haven't you asked yourself or someone else, "Where did I come from? What am I here for? How can I make the most of life?" Well, it has been my privilege to find the answers to these questions and to many more which have come to my own mind, and I want to pass the answers on to you in as simple a form as possible.

#### God:

You know, of course, that you were created by God. (Some peoples call Him Allah, some Jehovah, some Ra, and still others Krishna or Buddha.—but He is the one and only Creator of us all.)

#### Heaven:

One day God allowed you to leave your real home which we shall call Heaven to come to earth to be tested to see if you could live a perfect life among the material conditions and temptations of earth. Not having done so, weaknesses of character resulted. This made it necessary for you to come to earth time after time in order that you might learn to overcome all of these weaknesses and become as perfect on the

earth as you were in your home in Heaven.

### **Free-Will:**

God gave you a present of free-will to use for right or for wrong. When you live less than perfectly, you use it for wrong. For instance, when you are facing a choice between telling a lie or receiving punishment, if you tell the lie, you are using your free-will for *wrong*. If you choose to stand up like a soldier and tell the truth, even though you must be punished for what you did, then you use your free-will *rightly*, and are not guilty of a weakness of character. If you make a promise, and then think, "Oh, why bother keeping it?" you are weak if you give in to such a thought. If you see that you have made a mistake in giving a promise, then *ask* to be released from it.

Someone is asking why he cannot learn his lessons or learn to overcome his weaknesses in *Heaven* instead of having to come to earth over and over. I will tell you why. There are certain temptations that can be overcome only in a physical body, such as overeating, eating wrong combinations of foods, not controlling and rightly using your creative forces of mind and body, (sex, etc.)

### **Visits to Earth:**

Everybody must learn to overcome *all* of his weaknesses sooner or later, on one or

another of his visits to earth. Therefore, the longer he can stay on earth each time he comes, the more nearly perfect he may become, the happier he will be, and the sooner he will be ready — strong, clean, honorable, unselfish, and poised enough — to live in the most glorious part of Heaven where there are no more troubles, and where everything is so beautiful and joyous that nobody on earth can even imagine it!

Now, then, so that you may learn some of your lessons, or overcome your temptations and weaknesses of character as quickly as possible, I am going to help you by giving you some suggestions gleaned from my own experiences and from those of other persons I have known.



## CHAPTER II.

### The House in Which You Live

Since God gave you your body to live in on the earth, you would no more want to allow it to be in a dirty condition than you would want your home to be dirty. You would no more want to abuse this body-house of yours than you would want to abuse, disfigure, or burn your family home. It would be senseless to make your home uncomfortable and ugly, wouldn't it? Well then, how much more senseless it would be to allow your body to become dirty inside or outside and thus make you uncomfortable and other people too. All right, we are agreed. Now let us see what we can do about it.

#### Accidents:

Sometimes when we do not use the best sense or the inner guidance that God gave us—for we all have a still, small Voice that tells us what to do—we may have what are called accidents. It may take some time to repair the injured body if it can be repaired at all. It may be that we must move out of our body through what is called death. We are always warned inside (by the still small Voice of the Christ) of the possibility of an

accident, but when we are in too much of a hurry, we ignore the warning and go right into the danger zone. Then we must pay for our disobedience, and perhaps lose our chance for further progress in this visit to the earth, which we call an incarnation.

Now, here are some dependable rules for keeping your body as it should be:

### **Skin Breathing:**

Rule 1. Keep your body clean *outside*. Did you know that your skin is made up of millions of tiny cells that must breathe if you are to live in that body? Yes, this is proven to be true. Recently a dear little girl was chosen to appear in a parade in California, and her mother, not knowing of these cells and their having to breathe, allowed her precious little daughter to be covered with gilt. In just a very short while the dear child was dead, because the breathing pores were blocked. These tiny cells can be clogged from dirt, so it is very necessary that you scrub—yes, I mean *scrub*—your body at least twice a week, using warm water and soap. During the warm days of summer, you need to bathe *every* day. After your scrub with a brush in warm water, rinse your body with cool water so as to close the pores or skin-openings temporarily, and thus keep you from chilling suddenly when you leave the warm bathroom. The warm water is cleansing and the cool water is stimulating, giving you better cir-

culatin. Those who react to cold water feel wonderfully invigorated after their splash and brisk rub. In certain Sanitaria, the nurses give their bed-patients a good rub with a rough mitten dipped in ice water, before breakfast. This acts as a good tonic.

### Inside Cleansing:

Rule 2. Keep your body clean *inside*. How can you do this? I will tell you. One way, but not a good way, is to force your bowels to empty their loads of waste matter through the regular use of strong laxatives. Soon your poor bowels become tired of being driven so hard, and when you keep giving them more and more of such laxatives it is like "whipping a tired horse." Now here is a better way: Once in a while, say once a month, it is a good idea to rid your body of its accumulated *fluid* poisons, as well as its solid waste matter, by taking on arising three *Seidlitz Powders* twenty minutes apart. You see, the Seidlitz Powders attract the *fluid* poisons from all over your body and carry them off, and you will be surprised how much fluid is thrown off through your bowels. Then live on oranges and grapefruit for a couple of days.

### Enema:

The better way to keep the body cleansed inside is to *wash* it, and then eat *mainly* fruits and vegetables which will naturally cleanse the body, and thus not leave an

overdose of acid and other harmful debris. Drink vegetable juices as well as fruit juices both freshly made. This is how you wash your body inside: Put a quart of hot water in your enema bag or can. Insert the enema tube. Kneel down, putting your shoulder (preferably your left) to the floor while you allow the water to flow into your bowels. If you have a cramp, shut off the flow of water, and let the water out into the toilet. Then begin again as above, and if another cramp comes, then just pinch the tube to shut off the water until the discomfort passes, and then allow the rest of the water to flow in. After you have held all the water you can, then massage your bowels upward toward your waistline. This helps to keep your bowels from sagging as so many bowels do on account of the heavy weight they are made to carry, and also on account of wrongly fitting clothing. After your massage, let the water out into the toilet. It may come out in installments with its load of waste because there are kinks and folds in your bowels, and sometimes it is not easy to push the waste matter along rapidly on that account. The whole procedure should not take over twenty minutes. Walk around between the times you need to empty to relieve the strain on the bowels.

Take such an enema once a day until you have two easy movements in *addition* to the enema. Then take one *at least once a week* so as to keep in fit condition. If you can



comfortably rinse your bowels with a cup or two of cold water after the warm enema, it will help to stimulate your bowels.

Do not allow anyone to persuade you that enemas are habit-forming, because we know from such experience that enemas *cure* constipation instead of causing it, especially when you help by eating raw fruits and vegetables.

### **Correct Eating:**

Rule 3. Now that you are clean inside and out, let us learn how to *build* perfect bodies through proper eating (not starvation or dieting at all).

(a) Chew your food so that it will become creamy and you can almost drink it. Did you know that the best taste from food comes when it is in liquid form after thoroughly chewing it? Try it and see. And here is a great discovery made by a very wise Physician: "Hunger and thirst are satisfied in the mouth, not in the stomach." <sup>1</sup>

### **Mastication:**

All right, since you are the boss, you aren't going to allow your tongue, your teeth, and your jaws to be lazy while your stomach has to work overtime trying to make up for their laziness, or rather, your

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<sup>1</sup> Dr. F. Homer Curtiss in *Four-fold Health*. Dr. Curtiss now has available an excellent tonic-laxative and a bowel antiseptic also.

allowing them not to do the work they otherwise should do. Then too, there is certain work that the stomach just cannot do, no matter how hard it tries, and that is the work the teeth, tongue, and saliva must do, if you are to feel right. Let me show you more clearly what I mean: Breads, porridge, and other foods containing concentrated starches must be mixed with saliva in the mouth before they can be digested. Hence *much* chewing (masticating) must be done before such foods are fit to be swallowed and turned over to the stomach, if you want to avoid trouble. It is as unwise to swallow starchy food that is not thoroughly masticated as it is to put water or gravel in your automobile instead of gasoline. It just will not work smoothly.

### **Starting the Day:**

(b) Start the morning by thanking God for the night's rest and asking Him to guide you through the day. Then, as soon as you get out of bed, wash your mouth with salty water and then immediately drink a full glass of orange juice or grape-fruit juice or the juice of half a lemon in a glass of water (either hot or cold). This will help to alkalize your body and cleanse the canal that leads from your mouth through your stomach and through your bowels, and thus prepare the way for your breakfast. (Some people do not want anything else for breakfast.) Well, after you drink, take your bath

and dress, not forgetting your prayer and a few exercises, especially stretching ones, all of which will consume about an hour, when your stomach will be emptied and ready for breakfast. Some one is asking what alkalizing means. Nearly everybody has far too much acid in his or her body, and acid causes sickness. When you alkalinize you get rid of the excess acid.

### **Breakfast:**

(c) Now that you are ready for breakfast, let me suggest one or two correct ones: A dish of figs, dates and raisins with cream; or any one of such fruits with cream. Another breakfast for active people is a crunchy cereal with figs and cream (not milk, as I will explain later.) Another good breakfast for someone in a hurry is a glass of orange juice and a glass of milk. Still another is what we call a "pep cocktail" and it is a glass of orange juice or grapefruit juice beaten with a little honey and nutmeg and the yolk of an egg.

### **Compatible Foods:**

(d) Be sure to eat foods at the same meal that are friendly (compatible) to one another. Did you know that some foods fight others? Yes, you see certain foods require one kind of stomach juice to digest them, and they do not like it when other foods come in to stop the flow of *their kind* of juice. When this happens, a fight starts,

and one kind of food will just have to be knocked out and die, lying there fermenting and giving out a bad odor just as dead things do. (This makes a bad breath.) Now you want to know which foods are friendly to one another and which ones are enemies. All right, I will tell you, and if you learn this, you will learn one of the *greatest secrets of health and strength*. You will recall that I told you to drink your juice an hour before breakfast when cereals and toasts might come along? That was because the *acid* of the fruit *dislikes* the *starch* of the cereal or bread. The *fruit* also *dislikes sugar* (excepting honey or maple sugar, which are *natural* sweets.) The *starch* in the bread or cereal *likes sugar* of all kinds but it is far better to use *natural* sweets, for they are neutral and do not decay your teeth as the refined sugars do.

I said I would tell you why you should not take milk with a starchy food such as bread or cereal; and this is why: *Milk is a protein and proteins dislike starches*. Now, don't you see why? When the starches in your stomach are calling forth their own digestive juice, they will fight when a protein enters the stomach and calls out an acid juice which prevents the digestion of the starches.

### **Summary:**

Now, let me sum up the food-combination question, using baseball language: On one

side are the concentrated starches (Bread, Cake, Pie, Cookies, Macaroni, Spaghetti, Rice, Potatoes, Beans, Cereals, Dried Peas, Peanuts, Popcorn, Pumpkin, Sago, Squash, Tapioca, Bannanas and Artichokes.) On the same side are the sweets (Candy, Ice Cream, Jellies, Jam, Preserves, Sugar and Molasses.) On the other side are the proteins (Cheese, Eggwhites, Fish, Fowl, Meat, Milk, Nuts (excepting Almonds and Cashews which are friendly to all). On the same side as proteins are also the fruits (Apples, Oranges, Grapefruit, Cherries, Lemons, etc.—but we cut out Cranberries and Rhubarb altogether because they are too acid for anybody, and nobody would eat them without sugar, and they fight sugar to death.)

You ask me, "What about all the vegetables and fats?" Well, I am glad to say these two classes (all the vegetables excepting dried beans and dried peas and potatoes and the others mentioned under starches) as well as butter, cream, oil, and other fats, are *friendly* with all other foods, and among themselves. Since we want to make this so easy for you that you can decide at once whether or not a meal or a combination is correct, at the end of this chapter is a chart of foods all listed in a form that you can get into your mind quickly. Study this carefully because I am going to test you pretty soon to see how quickly you can answer me correctly. See if I can catch you. Then when *you* know, try catching your parents

or friends who are interested in becoming healthy, strong and youthful. Before I ask you these questions, let me suggest that you learn the Classes of foods, putting one class on each of the fingers of one hand, like this: Let the *thumb* represent the *starches* because it is stout and starches make people stout. The *pointer* or *first finger* is the *sugars*. The *middle finger* is the *vegetables* and the *fats*. The *ring-finger* is the *protein*. The *little finger* is the *fruit or acid* finger. Now notice that your two finger "S's" are together because they are friendly. Then notice that your tall finger is named fats and vegetables (Fat-Vegetable) and stands in the middle because he is friendly to all (a "go-between"). Then Proteins and Acids are together because they are friendly toward one another. We are keeping the Starches and the Sugars away from the Acids and the Proteins because they are enemies. We placed the big Fat-Vegetable as a Policeman between them so as to keep them apart.

### Questions:

Now see if I can catch-you! Is a meat sandwich all right for health? If not, why not? Is apple pie all right? If not why not? After eating meat at a meal, should you eat ice cream and cake for dessert? If not, why not? Is it all right to have fruit and bread at the same meal? If not, why not? Are steak and French-fried potatoes com-

patible? Do spaghetti and tomatoes go together all right? If not, why not? Are preserved fruits all right to eat? If not, why not? What kind of sandwiches are correct? Make an ideal menu for breakfast, luncheon and for dinner. Will you write me your answers? I will take time to correct and mark them.

### **Food Proportions:**

(e) Always see that your foods for the day are chosen this way: 80% from the fruits and vegetables, and 20% from the other lists. You see most sickness comes from eating too many starches, sweets, fats, and proteins, for these cause acidity. Then too, as we said before, it is the fruits and vegetables that tend to keep your bowels open and free from constipation.

### **Excitement or Anger:**

(f) Never eat when you are excited or nervous or angry, because at such times your saliva glands and your stomach glands are inactive, and as a result, your food just lies in your stomach and ferments. Your blood, not knowing any better, takes up the products of fermented matter and distributes them all around your body. No wonder you have headaches, and feel sick at your stomach. If you feel you must have something, then just take a glass of fruit juice, adding, if you wish, a glass of milk. Remember that fruit (especially orange

juice) should be taken with milk so as to counteract the tendency of the milk to form mucous in your body. An adult does not *need* milk as his bones are formed.

### **Body-Temples:**

You have been receiving in these rules some exact ways of keeping yourself fit, and for making your body a clean "temple" for God to dwell in. You know the Bible says, "Know ye not that ye are the temple of the living God?" Knowing this, you would no more want to have your body-temple unclean than you would want company to visit your home when it was unclean and in a disorderly condition

### **Habit:**

I heard one person say, "Oh, it is too much trouble to live that way." What would *you* answer? My answer is that it is *easier* to live the right way than the wrong way. It is cheaper too because you save on doctor bills when you live right. When you *form the habit of living clean and right*, you will never want to live any other way, because you will be so full of life and joy that you would shudder at the thought of being dirty inside as you used to be.

### **Doubters:**

You may say, "I can eat anything. I wouldn't know I had a stomach. I feel wonderful." That may well be. However, if



you had heard the cries of regret we have heard from people who used to talk that way, you would be very glad when we tell you that every time you eat wrongly, you are accumulating more and more waste-matter in the cells of your body until some day when Nature cannot stand any more, you will suddenly collapse and either pass on, or perhaps have some incurable disease. You who are wise have taken warning.

Now that you have been taught how to deal with your body, if through practice, you have a keen mind and happy thoughts, you are ready to proceed to the next Chapter. If any of you have not practiced what has been given you in this Chapter, your brains may be so laden with waste matter that you could not clearly understand just what we are going to give you. Therefore, do not try the next work until you have mastered your body lessons.

NOTE:—All the above instructions are given you with the approval of Dr. F. Homer Curtiss. Those who are under our direct care receive full and accurate diagnosis and also personal dietetic, radionic, medical, and psycho-analytical treatment.

**Here is the promised chart:**

[illegible]

**N. B.**—Cooked spinach and cooked tomatoes contain oxalic acid, so should be eaten not over twice a week.

**Crisp bacon may be combined with toast.**

Note that egg yolks are a fat, so may be taken with bread or toast.

**Melons should be taken alone and not at meals.**

Santa Clara prunes are not so acid-forming as other prunes.

All foods in column 1 are not to be taken at the same meal with those in column 3. (1 and 3 are enemies).

Foods in column 1, (Starches and Sweets) may be taken with one another.

Foods in column 3, (Proteins and Fruits) may be taken with one another.

Foods in column 3 (Fats and Vegetables) may be taken with any foods in the chart.

Honey and Maple Sugar are the exceptional sweets, being natural, and so may be taken with the foods in column 3 as well as all other foods.

We omit rhubarb and cranberries entirely because of their harmful acid effect and because you always require sugar to make them palatable.

Almonds and cashews may be combined with any other foods because they are alkaline-forming.

*Baked* potatoes, especially the skin, are alkaline in *reaction*.

Carbohydrates include starches and sweets.



## CHAPTER III.

### Tolerance

#### Change Noted

Having seen a large number of persons who changed from cross, irritable, unhealthy looking individuals into cheerful, peaceful, healthy, and good looking, I am hoping that all of you who have studied and learned the lessons in Chapter 1 of this book, have showed your good sense by applying them to your own lives, deciding to live the healthy way always. Taking it for granted that you have, I am ready now to give you some even harder lessons, knowing you are now eager and alert because your bodies and brains are clean and healthy. By the way, sometimes it takes from two to five years to purify completely some bodies because they have been clogged so long with waste matter.

#### Tolerance:

The first lesson you faithful and wise ones are given is that of TOLERANCE. What is tolerance? Just this: Giving others the same right to their ideas and opinions as you claim for yourself, and being *pleasant* about it. You know that all people cannot

think alike. In fact, no *two* think exactly alike even if they are brought up exactly alike, because no two have had exactly the same experiences in past lives, to say nothing of this life. If we think somebody else is weaker than we, let us not condemn him. We must be careful lest we become too cocksure of ourselves, and the one we condemn gets ahead of us on the road of progress. No part of the road is easy, but *nothing is worth gaining that is not worth striving for.*

### **Backsliders:**

As long as we are thinking unkind things about other people, we are not climbing, but sliding backward. The very persons about whom we are thinking intolerant thoughts, and about whom perhaps we are saying unkind things may be farther along the Path of Attainment (Progress) than we are. We must remember that there may be just as many things to criticize about us as there are about the other person. *There is some good in everybody*, so let us look for that rather than for mistakes. Who doesn't make mistakes?

### **"Kuh":**

Would you like to hear about the "KUH" Club? I will let you in on the secret of this Club, for I know you will want to join it. Whenever any one of the members says or begins to say anything unkind about any-

body, or acts selfishly or wants to do something or say something dishonest, one or more of the members of the Club will call out, "KUH!" What do you suppose they mean? Here it is: K stands for *kind*. U stands for *unselfish*, and H stands for *honest*. So when they ask, "KUH" they mean, Is it KIND? U N S E L F I S H ? H O N E S T ? You see this is a splendid way to stop lots of gossip and hurts, as well as lots of Karma.

### **Karma:**

What do I mean by Karma? Just what St. Paul meant when he said, "Whatsoever a man soweth, that shall he also reap." In other words, what we send out in thought, word or deed, will come back to us in kind. Karma is the Law of Cause and Effect. Now you may form a club of your own, and see what fun you will have catching one another, and at the same time how much good you can do in helping one another to grow kind, unselfish, honest, and so, Christ-like.

### **Foreigners:**

Are you tolerant with foreigners? After all what are foreigners? Just people who live or lived where we do not live. Is that wrong? Suppose I said I was born in Colorado, and you were not, so you were not as good as I. Would that make sense? We have so much to be ashamed of in ourselves that we have no right to criticize others.

Let us imagine a group of babies, one British, one Japanese, one German, one French, one Swedish, one Mexican, one African, one Spaniard, etc. Supposing they were all brought up alike in feeding, worshiping God, and in every other way. If the outside world were kept from them, do you suppose they would know anything about rivalries, antagonism, race hatred, and wars? Their individualities would come out, for even people of one family show their individual characters, but they should live together in peace and friendship and not expect others to believe exactly what they do. Get to work on yourself now. You will have much to do before proceeding further.



## CHAPTER IV

### Criticism

How are you enjoying being tolerant? I am sure you have said many a "KUH" and have had it shouted at you too, and you are all the better for it.

#### Face Within:

Here is another lesson that seems to me to be even harder than the one on Tolerance. When somebody says something unkind about YOU, what do you do about it? Do you go off and sulk? Do you become angry and want to fight back with ugly words? If you do, you are not only wasting time and energy but you are losing the battle. What then should you do? First of all, *look within yourself* to see if there is not something that *attracts to you* this show of seeming unkindness. You know "like attracts like," and so perhaps you merited this unkind remark in some way. In many cases, you will find the cause of the trouble within yourself, and when you do, then face yourself squarely and say, "All right, here is my chance to improve. I am thankful for the remark that brought this fault of mine to my attention."

If you cannot honestly find any fault within yourself that would cause unkindness from another, then do you not think the wise thing to do would be to pray, "Father, forgive them for they know not what they do"? Jesus did that, and whose example could be grander? Then you will not be poisoned in mind and body by the forces of resentment or anger. Yes, I mean poisoned, because it has been proven scientifically that anger puts into your bloodstream so much poison that a drop of blood from an angry person would kill a small animal into whose veins it was injected. Then too, more evil thoughts will come back to you if you send them out, for the law we mentioned before always works: "Whatsoever a man soweth that shall he also reap."

It is a sign of *ignorance to criticize*, a sign of jealousy, a sign of lack of principle. You recall the old saying: "An idle brain is the Devil's workshop?" Let us do as our Master taught us: "Love your neighbor as yourself."

Now here is a *sneaky little sin* that tries to creep in when you are not looking. It tries to get you to do nice things just for what you will get in return. Watch out for it, because it would spoil much of the good you might do. Ask the Christ to help you to *want to do kindnesses just for the sake of giving joy to someone else and glorifying*

**God.** Here is a splendid thing to do, and one that will work too, if you are in earnest:

### **What to Do:**

Every morning and every time you feel naughty thoughts coming in, pray either silently or aloud, "O, Christ, please think through me; feel through me; speak through me; and act through me. Thank you. Amen." When your mind is filled with this prayer then none of the evil thoughts can find lodgment in your mind or heart.

### **Thoughts:**

You see even your *thoughts can be felt* by others, so you will need to keep them as clean and kind as your tongue. Yes, thoughts rush out of your mind to the place you send them, and they bring back to you the same kind of force that you sent out, so watch out!

### **Your Face:**

Did you know that your face shows the kind of thoughts you think? Yes, just look in the mirror and see if it is reflecting kind and loving thoughts. Do this each day and watch the improvement. Ask God or the Christ (who is God's Ray in you, sometimes called your Higher Self) to keep your thoughts clean. That is what is meant in the beautiful prayer: "Create in me a clean heart, O Lord, and renew a right spirit within me." Ask God to wash your

heart and mind clean and to help you to overcome all the sins of past incarnations which have left their mark on your face and *on your body too*. Even if a face is not beautiful in features it may become radiantly lovely and strong through right thinking and prayer.

Our Teacher often says: "It is not persons or things or circumstances that hurt us, but *our reaction to them*." In other words, it is our reactions and our thoughts about things and circumstances as well as *our feelings about them* that do us good or harm. I like to put it this way:

'Tisn't *things* that make you happy

Nor lack of things that makes you blue;  
It's *thoughts* that bring you joy or sorrow,  
So it's strictly up to *you*.

### **The Blues:**

One of our students wrote: "Recently I awakened with a great sense of depression or blues. If I had given in to them and gone downstairs among the family and among other people, I should have made them all feel my gloom. I remembered what you had taught me, so I went right to the bathroom and took an enema to get rid of my body poisons that I knew had something to do with my blues. Then I prayer to God to flood me with His love and cheer, and finished by asking that He would think and feel and act through me. In a half hour I

went downstairs cheerful and happy over the victory I had won with God's help, and I noticed that others smiled because of my smiles." One of life's greatest thrills is the feeling of victory over one's own temper or blues or other weakness. Try it and see for yourself, and *keep* trying until you win.



## CHAPTER V

### Two Selves

By this time, if you have been faithfully practicing what you have learned in the previous chapters, you should be feeling pretty fine. No doubt you have had some pretty hard tussles with yourself, because you have two personalities; that is to say, you have a lower or animal self and also a Higher or Spiritual Self. The *lower self* is selfish, hot-tempered, and everything that is not admirable. The *Higher Self* is kind, loving, tolerant, poised, obedient, and altogether like the Christ. Now, your job is to get that lower or smaller self to give in to the fine Higher Self. Let us pretend that your lower self is your dog. If you have a dog, do you allow him to run all over the house, tearing things to pieces and having his own way generally? I don't think you do. What do you say to him when you want him to obey you? "Go lie down!" Don't you? Well, then when this naughty, animal self tries to run you and your house and wants to be ugly and cross and say mean things, just try telling him to "Go lie down!" It is not easy to do, but this method may help some of you more sometimes than the prayer way. Then when this has become

easy, try the prayer way, asking your Christ, or Higher Self, to express through you.

### Discontent:

Well, you are wondering if I am going to give you something more to conquer in this chapter. Yes, I believe you are now strong enough to take something else. So many persons have come to us with their spirit of discontent lately that I am going to tell you what causes it and how to overcome it.

Sometimes discontent (being dissatisfied) comes as a result of *feeling sorry for yourself*, or what we call *self-pity*. There is nothing so depressing and nothing that will make other people want to stay away from you more than self-pity. It shows that you have a selfish disposition and a weakness, for if you were strong you would tell that feeling of self-pity to "Go lie down!" After you have said this and meant it, *you must have something to take the place* of the selfish thoughts, so immediately turn to the Christ within your heart and pray: "Dear Christ, please tell me what to think and say and do, now, so that no other bad thoughts can come into my mind."

You will sooner or later be shown some loving things to do. Perhaps it may be to sweep the sidewalk in front of the house, or clean the basement, or straighten your room



or your clothes, or weed the lawn, or dry the dishes, or take some flowers to a sick person, or read something helpful to a sick or blind person, or write a kind, helpful letter to somebody who would be made happy by it. Or you might tell somebody about this little book and how you have been helped by it, or you can ask your mother or your father or somebody else if there is not something you may do to help him or her. A way will always be open for you if you really want to be helpful. If you don't *want* to be helpful, then you will know that it is your smaller, animal self that is ruling you, and you know what to do then, so that you may be happy and be growing in character.

### **Happiest Moments:**

Isn't it fun to play the game of life and *win it*? The happiest moments of your life are those when you (your Higher Self) have been the winner over the lower self, and when you are making other people happy. Try it and see. Have you practiced and *mastered* all the foregoing Lessons?



## CHAPTER VI

### Personal Survival

My friend, for by this time we are friends, having gone through many experiences of the same kind, and having conquered our lower, animal personalities to a marked degree in many instances. To be sure, we all fail at times, but only a worm does not get up, so let us straighten our shoulders, smile and try again.

While you are practicing the several lessons already given you, we shall give you some interesting information about the life after what we call death. Let me tell you first of all, that *there is no death* for the spirit, for *we* never die but just leave this physical body, to live in another, finer body that only a few people are able to see. Those who can see our finer bodies have their inner or psychic eyes is developed naturally,—from birth as a rule—so they can see many things that are going on in the next realm above this one which we call earth.

#### Astral:

Let us imagine this earth as made up of layers and many more layers *outside* the earth that we cannot see. We will call

these layers *realms*. The first realm, which is made up of seven regions, is called the *astral* realm. This astral realm is the first one we go to when we leave our physical bodies. Our Teacher puts it this way: "We go one flight up with our overcoats off." Then he points out that when a person takes his overcoat off, he is still the same person. Just so when he takes off his physical body *he is still the same person*; having the same disposition, the same faults, and even looks the same only a little better. If he has been cross and mean on this earth, he is the same in the astral realm; and if a person likes to be kind and make others happy here on earth, he will want to do the same in the astral realm, helping those either on the earth or in the astral realm. Oftentimes people do not realize for a while that they have left their physical bodies or "died" as some people call it, and they do not understand why their families and their friends do not speak to them. Then after this goes on for a time, they begin to wonder if they have left their earth bodies, and they see that they have a finer body. So you see our bodies are just our houses which should become "the temples of the living God," whether we live on the earth or in some other realm.

### **Fortune Telling:**

Now here is something for you to remember in case someone wants to give you a

“reading” or tell your fortune. (We call those who can see and hear our loved ones and others in the astral realm *mediums* or *psychics*.) Since you know now that those who pass on into the astral realm, after leaving their bodies, are just the same persons they were while in their bodies, you should not believe that everything they are reported by the medium as saying is any more right and wise than you would believe it to be if they were living in their bodies on earth. It is interesting and kind sometimes to allow our loved ones to give us a message through some medium who is *reliable*, but we must be *very* careful not to follow their advice *unless* we feel that it is according to wisdom of our own Higher Self or the Christ within us. (Or own conscience.) With rare exceptions, mediums reach people only on the astral plane, although there are far higher realms.

### Higher Realms:

The next realm to the several astral regions is called the mental realm, and this is where those with brilliant minds and good hearts dwell. Great inventions are developed there, and sometimes the great inventors there succeed in getting their wonderful ideas through to inventors on the earth by impressing these ideas on their minds.

Beyond the mental realms are the glorious spiritual realms commonly called Heaven,

but these are glorious beyond even our power of imagination. However, when you leave your physical body, you will go where you *deserve* to go, according to the *life you have lived on the earth*.

This is all of this subject for this time,<sup>1</sup> for I would not wish to confuse you. I just feel that you should know something of the other side of life so that you will have no fear of going there when your visit on earth is over. You see, ignorance is no excuse for condemning or for making mistakes. Therefore, you should want to know *all* sides of life so as not to make mistakes unnecessarily.

<sup>1</sup> For details see *Realms of the Living Dead*, Curtiss.

## CHAPTER VII

### Forgiveness

By this time, some of you wish to ask some questions, so I have decided to invite you to write to me so that I may help you with your problems. You may send me what offerings you wish, to help cover the postage and paper and time. Jesus said: "Bear ye one another's burdens and so fulfill the Law of Christ." All right, let us help bear one another's burdens. My address is in the front of this book.

Today I will tell you about someone with whom I was talking this week. She told me how dreadfully someone had hurt her feelings, and how she resented it and grieved about it for months. Then she added: "Now I am all over it and I don't feel hurt any more—BUT I could no more go to her house than anything!" What is wrong? You see she had overcome the feeling of resentment and hurt, and for that we give her credit, but she had not *forgotten* the hurt, and so really way down deep she was still holding a bit of the old resentment, which was keeping her from *full* forgiveness and

from the joy and freedom that result. In other words, you have to learn not only to forgive but to *forget*. You are saying: "How can you make myself forget?" I will tell you. Every time the old hurt or the old circumstances comes to your mind, just say, "God bless him (or her)" and then turn your thoughts to something else. At first it will be hard, but after a while you can do it with such kindly feeling that really the hurt is entirely forgotten and you can greet the person who hurt you as cordially and lovingly as if the unpleasantness had never happened.

This is one of the hardest, but one of the grandest lessons you can ever learn, and through learning it you will make much progress on the Path of Attainment. Men usually learn it more quickly than women do. They have it out and then shake hands, while women are more apt to gossip about it and hold the old grudge. By the way, *don't talk about your troubles or dislikes*, because they grow in your mind every time you do. If you feel that you just must tell someone, write it all out to me and send it, or tell someone else to whom God guides you, if you feel like it. But begin to say, "God bless her" right away, so as not to waste precious time and slip backward.

The other day a woman whom we shall call Mrs. B. wrote us that she had seen in a newspaper that a friend of hers (Mrs. X.)



had been accused of deceit, and that now she would never have anything to do with her again! Do you think Mrs. B. did the right thing? I feel sure that you would act quite differently. Let me guess what you would do. 1st, you would consider that newspapers very often misinterpret the truth since they seek sensationalism (which will sell their papers) no matter whom it may hurt. 2nd, if Mrs. X *had* done wrong, you would try to help her by *praying for her*, or if you knew her, you would try to help her see the wrong and *love her into wanting to do right*. Always reach down to help somebody up by showing her the way. But that does not mean to get down and do what she does in order to show her that you understand. Always give the other person the benefit of the doubt. *Forgive and forget always*. Confess your own sins and set about making amends as quickly as possible.



## CHAPTER VIII

### Reincarnation

In Chapter III reference was made to "past incarnations." Therefore, I believe it is right that I should give you a little more information on that subject also. Let me do it this way: You have noticed that in the fall of the year, leaves fall from the trees, leaving bare branches looking as though they were dead. However, they are not really dead, but during the fall and winter seasons the trees are busy preparing for another bursting forth or rebirth into a new garb or incarnation the next spring.

#### Rebirth:

Next Spring the tree is the same old tree, but it has a new "dress." Just so with us, for when we put off our body "overcoats" to which we referred in Chapter V we are still the same persons, and like the trees, we prepare to come forth in the new outer garment or body when the right season comes. You know too that the trees have the same general appearance as they had in their last incarnation, and so have we. Yes, actual photographs show such distinct similarity in appearance between persons in their former

bodies and in their present bodies that one can recognize the personality immediately. The *only value* in knowing who we were before is in our learning *not to continue the same faults that we had before*. However, we know our own weaknesses usually and our business is to *conquer them*, and so accomplish that for which we came to earth *this time*.

### Jesus' Belief:

The great Master Jesus believed in reincarnation, for He said in Matthew xi, 14, speaking of John the Baptist: "This is Elias, etc." How could John the Baptist be Elias unless Elias had reincarnated as John the Baptist? He also asked: "Whom do men say that I, the Son of Man am?" and His disciples answered, "Some say that thou art John the Baptist; some say Elias; and others Jeremias, or one of the prophets." Then again in Matthew we see, "For this is he (John) that was spoken of by the prophet Elias saying, 'The voice of one crying in the wilderness, Prepare ye the way of the Lord! . . . And *the same John* had his raiment of camel's hair and a leathern girdle about his loins; and his meat (food) was locusts and wild honey.'" In 2 Kings 1:7-8 we see that Elijah (Elias) was a "hairy man and girt with a girdle of leather about his loins" just like John. There are other passages in the Scriptures bringing out this fact of reincarnation, but you of

reasonable minds do not need any more quotations.

### **Inequalities:**

Therefore, let us go on to explain that the only way we can reconcile the many inequalities (great differences in stations in life) with the fact of a loving God of wisdom and justice, is through reincarnation as follows: A poor man or woman or child who is struggling to find enough to eat and wear, really *chose* to come into this life in such conditions so as to learn certain lessons which could not be learned in any other way. He or she may have been wealthy in a former life, but perhaps selfish also, and with no sympathy for the poor people, so hard conditions in this life will teach him or her to be kind and humble.

Then what about those who are wealthy in this incarnation? They also have probably chosen this path of wealth that they may learn certain lessons which may be *harder* to learn than those of the poor. You recall that the Bible says that it is more difficult for a rich man to enter the Kingdom of Heaven than it is for a camel (or rope) to go through the eye of a needle. Why is this? He is so busy spending and taking care of his wealth that he forgets to pray oftentimes, and forgets to use his wealth to give many others a chance to make good. For instance, if some wealthy

persons would put large funds into such hands as ours, we could teach *many thousands* how to make the most of their lives, and how to overcome their problems, thus making progress during this incarnation.

### Parents:

Yes, we choose our parents and our environment. However, occasionally when a Soul is anxious to come back to earth to learn certain lessons and he cannot come through the parents he chooses, he must take the next best parents he can find. Thus sometimes a child does not seem to fit into a family. He finds more happiness among certain friends he had known, perhaps, in a former incarnation, and his family think him queer. But now you understand why this is.

### Perfection:

Another point: If we are expected to attain perfection, (the Bible says, "Be ye also perfect even as your heavenly Father is perfect") would it be fair to expect us to become so in just the few years of one incarnation? How about the babies that pass on? Would that be fair to them? Well, somebody says, you can learn the rest of your lessons in Heaven. It was brought out to you in Chapter I that there are certain lessons that can be learned *only in a physical body* where there are physical temptations. The money question must be

solved in a physical body; envy of beautiful clothes or of a car or of a beautiful home, or other possessions, must be overcome in a physical body, where such things are used. There are beautiful homes in the astral which may be earned, but we will not go into that just now.

### **Recognition:**

Sometimes you feel you know someone as soon as you meet him or her. Why? Because you have known each other in a former incarnation. You will be attracted to those whom you have hated as well as to those whom you have loved. Remember that law.





## CHAPTER IX

### Why We Suffer

You probably ask, as many others do, why innocent people have to suffer, such as the innocent in warring countries. I will answer in as simple a way as possible. Each of us chooses to be born in the country in which we appear. Therefore, we must be good sports and take the fate or karma of that country and do all we can to help. We do not know the personal lives of all those whom we call innocents, neither do we know how much of such suffering they need to teach them the lessons they did not learn through their comparatively easy lives before the war. However, in any case, they must share in the life of their chosen country; and they do not complain when they understand the above reason.

You and I suffer because we have broken some Law of God, either in this incarnation or in a past incarnation. God never punishes us, but *we punish ourselves* by working against the Law. You see, when we do not obey the Law the easy way, and reap the joys of living in harmony with it as we should, then we must suffer in order to

learn our lessons. In other words, we reap what we have sown, no matter how small the wrong may seem at the time. Therefore, when things seem to go wrong, try to look back into your life to find out why. You will probably remember some unkindness, no matter how small, you did to someone. If the suffering is physical, you know from a former lesson, that you have not obeyed the Laws of Health.

So, dear one, let us be fair and so blame ourselves before we blame anyone else, and then set about making things right, first, within our own thoughts and then toward the others whom we may have injured.

## CHAPTER X

### Giving

Sometimes you wonder whether it is right to give to the poor or to those who beg. Perhaps I can help you. First of all, let me tell you a great Law: "Give and it shall be given unto you," and as ye give so shall you receive. This Law is often turned around in the minds of those who ask for something without wishing to give in return. This means, in order to be able really to receive and *properly use* what is given to you, *you must give something for it*. This may be money or service, but preferably by some sacrifice. It has been my experience that the *individuals* to whom I gave the most without receiving anything in return, turned out to be my enemies. Why? My giving created in them a sense of obligation which made them feel uncomfortable. The natural reaction was to turn against the one who caused their discomfort. Do you see the psychology of it?

Why is giving necessary to receiving? Because to give, you must open your hand and your heart. Then when they are open, they are ready to receive. A closed fist

cannot receive anything, neither can a closed heart and mind. All right then, let us, when we want to give, try to *help others to help themselves, or help them to carry on a good work for others.* When someone comes to the door to ask for something to eat or for money, give him a job no matter how small, so he can keep his self-respect, and obey the Law of Giving.

Do not forget this point either, that even when you teach someone how to care for his health, if you do not require him to give something or some service for that teaching, he will feel that it is cheap and so will not do as you say, and will go on suffering. The higher the price, the greater the respect and appreciation, and so the greater wish to profit by it.

If the above sounds mercenary, please consider that you are doing the receiver a *favor* by requiring a return. Let me repeat why: 1st, you help him to keep his self-respect. 2nd, you make it possible for him to profit by what you do for him or give him. People follow their money or their sacrifices. Try it on yourself and see the truth of this.

## CHAPTER XI

### Love

No book of spiritual advice would be complete without a few words about the greatest power in the world, love. Nobody can define love excepting to say, "God is Love." Nobody can define God, for a finite (limited) mind cannot grasp an infinite God. We can, however, give some of the *characteristics of love*. Suppose we consult our friend Paul of the New Testament. There he says, "Love suffereth long and is kind; love envieth not; love vaunteth not itself, is not puffed up; doth not behave itself unseemly; seeketh not its own, is not provoked, taketh not account of evil; rejoiceth not in unrighteousness but rejoiceth with the truth; beareth all things, believeth all things, hopeth all things, endureth all things. Love never faileth," etc. One is tempted to think that there is not much love in the world if these beautiful characteristics are necessary to love. However, I am sure that you can think of someone who manifests such characteristics, one who is patient and kind; one who has no envy or boastfulness; does not try to get things for himself or herself; does not make scenes

if someone else has her way; someone who does not "fly off the handle" (become angry easily); someone who does not gossip, and does not look for evil in others; someone who loves truth and right, endures trouble patiently, believes the best of others; is always cheerful and hopeful; someone who is faithful and can always be relied upon.

There are a few such people, and we want to swell that number, don't we? Suppose we stop right here and test ourselves against all of the above characteristics of love and see where we fall short. Then let us go to work in earnest to cultivate those characteristics in which we are lacking. As we do, we shall be happier and make more rapid progress on the Path. Remember that if Christ thinks, feels, speaks and acts through us, then we shall have *all* the characteristics of Love.

## CHAPTER XII

### Thanksgiving

Are you grateful for anything? If not, your poor heart and mind are dried and closed. In another Chapter we showed how giving makes our hearts, minds and hands open so they can receive. So it is with giving thanks that are sincere. You ask how you can be thankful if you just aren't—because you want so many things you do not seem to be able to get. Well, I would suggest this: 1st, make a list of all the things you can think of that you have not made or earned yourself. 2nd, add all the kindnesses other people have done for you. 3rd, think of the sunshine, the rain, the air you breathe, the water you drink, the food you get, the clothes you wear, your ability to think, to see, to read, to taste, to smell, etc., etc. Send me the list of the number of things you have found for which to be grateful, and we shall see who can think of the most.

While you are really thankful you cannot be in need. Your attitude is cheerful, and cheerfulness attracts. Your heart is

giving, and that means getting. You recall our Law, As ye give so shall ye receive.

Now, in closing, let me remind you of just a few important things: 1st, although we may be healed through prayer, we will be sick again if we do not obey God's Laws of Health (See Chapter II) because we will be setting up the very *causes* which made us sick the other time.

2nd, remember that before you can hope to master other people and conditions in life, you will have to learn to master *yourself*—your animal self, which causes all the trouble.

3rd, the cause of all suffering is the breaking of some Law of God, whether it be physical, mental or spiritual. Look within for the reason.

4th, when things seem dark, remember that the Light is ready to break through as soon as you find within yourself what is wrong with your thinking.

5th, remember that you cannot overcome as long as your animal self rules you, so turn always to the Christ and ask Him for help to be strong, honest, clean, just, kind, thoughtful and radiantly loving.

6th, it is not what you *know*, but what you *practice* that helps you to make progress.



Now let us together say this sincerely:  
We do thank Thee, dear God, for the privilege of learning through these pages the true way to happiness and the true way to progress on the Path of Attainment. Help us, please, to be faithful to each part of this teaching, for Thy name's sake, Amen.



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